



2026 NATIONAL INTEGRATED SPECIAL REPORT –
DIGITAL AND NEWSPAPER

Brain Health Awareness

Spotlighting Research, Prevention and Lifelong Well-Being –
Timed for Brain Health Awareness Week and Month

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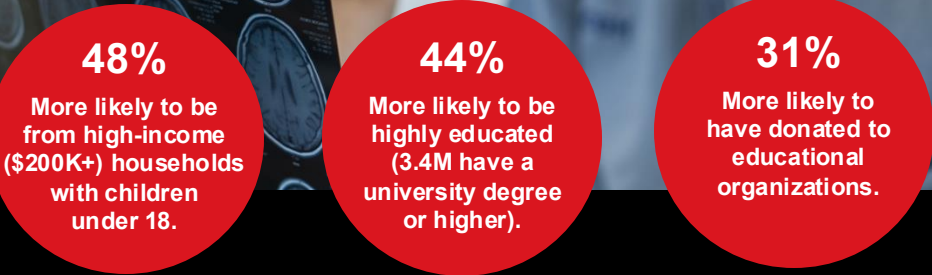


Brain health is vital to overall wellness, yet neurological conditions remain some of the most misunderstood and under-addressed health issues in Canada. As awareness grows around prevention, early detection, and lifestyle factors that influence brain health, this feature will explore how individuals, healthcare professionals, and researchers are working together to support cognitive well-being across the lifespan. Timed to coincide with both Brain Health Awareness Month and Brain Awareness Week, this report will highlight breakthroughs in neuroscience, the connection between mental and physical health, and the resources available to support Canadians at every age

- Proposed topic highlights:**
- Understanding Brain Health:** What Canadians should know about brain aging, memory, and cognitive function.
 - Risk Factors & Prevention:** How lifestyle, sleep, exercise, and diet can influence long-term brain health.
 - Mental Health & Neurology:** The link between emotional well-being and brain function—and how integrated care supports both.
 - Research & Innovation:** Emerging science in the treatment of dementia, stroke, traumatic brain injury, and other neurological conditions.
 - Caregiver & Community Support:** Resources for those living with brain-related illnesses and the people who care for them.

GET INVOLVED TODAY. CONTACT:
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Print Weekly Readers – 2,417,000 | Digital Weekly Readers – 3,636,000

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Sponsor Content and Brand Ad Booking Deadline	Material Deadline	Publishing Date
January 20	March 3	March 10